Whole Chicken

Baking a whole chicken is much like baking a turkey on a smaller scale. There are two primary ways to bake a whole chicken. Cooking time is reduced if a whole chicken is chopped up precooking. For this recipe, chicken will be treated as a miniature turkey. Undercooked chicken can harbor dangerous bacteria. Use a meat thermometer, or meat falling off the bones, to indicate doneness. Cooking time for a whole chicken is based on weight, and the oven. Plan a minimum of 2 hours for a regular oven. Check the time and weight guide for the table top oven.

Pre Cook Preparation:

Marinate: Optional with gluten free chicken gravy

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 2 hours later, (or based on weight and time need to cook) when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Chicken
Gravy (gluten)
Mushrooms
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:

Butter
Chicken
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: Table top oven

Ingredients:

Meat:
- 3 to 5 pound whole chicken

Vegetables:
- Corn on the cob
- 15 ounces of potatoes (mashed)

Other ingredients:
- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Verify internal part of chicken is clean and clear of ice and gizzards.
2. Place 3 to 5 pound chicken on rack in table top oven.
3. Add about an inch of water to boil safely for an hour.
4. Turn to 350 degrees.

Cook Temperature: 350 degrees (verify with booklet)

Cook Time: 13 to 17 minutes per pound (verify with booklet)

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.